



# Crunchy Asian Slaw

with Peanuts & Mint

Grab your Meal Kit with this symbol



Sugar Snap Peas



Spring Onion



Long Red Chilli (Optional)



Mint



Japanese Dressing



Slaw Mix



Roasted Peanuts



Hands-on: 15 mins  
Ready in: 15 mins



Spicy (optional long red chilli)



Naturally gluten-free  
Not suitable for Coeliacs

This colourful Asian-style slaw is all about texture and flavour. We've added all the crunch to our ready-to-go slaw mix, with sugar snap peas and roasted peanuts.

### Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## Ingredients

	<b>2 People</b>
olive oil*	refer to method
sugar snap peas	1 packet (100g)
spring onion	2 stems
long red chilli (optional)	½
mint	1 bunch
Japanese dressing	1 tub
rice wine vinegar*	1 tsp
soy sauce*	½ tsp
slaw mix	1 bag (150g)
roasted peanuts	1 packet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	1026kJ (245Cal)	547kJ (130Cal)
Protein (g)	6.9g	3.7g
Fat, total (g)	18.3g	9.8g
- saturated (g)	2.3g	1.2g
Carbohydrate (g)	10.6g	5.7g
- sugars (g)	8g	4.3g
Sodium (mg)	269mg	143mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Trim and thinly slice the **sugar snap peas** lengthways. Thinly slice the **spring onion** and **long red chilli** (if using). Pick and thinly slice the **mint**.



## Toss the slaw

Add the **slaw mix**, **spring onion** and the **sugar snap peas** to the dressing and toss to combine.



## Make the dressing

In a medium bowl, combine the **Japanese dressing**, **rice wine vinegar**, **soy sauce** and a drizzle of **olive oil**.



## Serve up

Transfer the slaw to a serving dish. Top with the **roasted peanuts**, mint and chilli (if using).

Enjoy!